



First Church in Ipswich Youth Spring Retreat

**Canoe Perkins Island and Hike The Bay Circuit Trail
May 18-20, 2018**

Join us as we canoe to Perkins Island and hike a portion of the Bay Circuit Trail. We will take in the beauty of forest and rivers and vernal pools here in our own backyard, traveling through the state and local parks as we canoe and hike home to Ipswich in the quiet peacefulness of the Massachusetts woodlands.

Plan: Canoe to Perkins Island for an overnight on the Ipswich River, hike for a day on the Bay Circuit Trail, listen to the sounds of the vernal pools, play in a babbling river, Sleep in a local church, pray, play, and meet God along the journey.

Plan for youth who have a Friday Conflict: You are welcome to join us after the canoe portion of the trip, and meet us on the trailhead with your hiking boots. See Beth Viehmann and Carmen Fatu for logistics.

Day One : We meet at First Church in the circular driveway at 2:30 pm on May 18, pack the cars, and drive to the riverside trailhead, where we will canoe and kayak to our island campsite on Perkins Island, cook our supper and say our prayers and stay overnight in tents.

Day Two: We meet up with our other youth group members on Saturday morning at the trailhead, and hike five miles along some of New England's most beautiful trails, and sleep in a local church.

Day Three: We return bright and early Sunday morning to lead worship at First Church.

Planning Meeting: On Sunday, April 29, we will meet after church to go over packing lists, youth leadership, bylaws, and hiking logistics.



Housing? As is our tradition, we stay overnight in a UCC church on the route, and offer our prayers and blessings and offerings to them in their sanctuary as we travel.

Support? Our staff includes Rebecca Pugh, and Beth Viehmann, Pat Kriksceonaitis, Mary Lou Bates, and Dennis Quinn. In case of an emergency, you can reach the team leaders on our cell phones: Rebecca: 978-412-5204; Beth: 978-500-3706.

Who can go? Youth in grades 6 - 10 are welcome to participate.

Time deadline: April 29 at 12 noon, for submitting **all five things:**

- a. The cost of the trip **\$25.00** *Checks can be addressed to "First Church in Ipswich" and sent to Carmen Fatu.*
- b. **the permission slip /release form**
- c. **the signed group contract**
- d. **a photo copy of your insurance card (front and back)**
- e. The **food contribution** (Please come to the planning meeting to plan foods)
*Registration materials can be submitted to First Church in Ipswich,
One Meetinghouse Green, Ipswich MA 01938.*

Contract? By popular demand, we now have a group contract, which helps the group participants own the way that we will live as a community.

What will we Eat? We will plan our meals at our meeting on the 29th. The food sign-up sheet is included in this packet. Please let us know if you have food restrictions.

Youth Leadership? We will elect youth deacons for logistics, chronology, and other roles. If you are a youth who would be willing to serve as youth deacon, please let us know.

First Church Switched Off: A reminder that we have a no-cell-phone and no-electronics policy on First Church youth retreats. Please respect the community's code of not using your phone for texts or calls.

What's the Packing List?

A sleeping bag, a camping mattress, small pillow, towel, flashlight, and toiletries.

Two water bottles, assorted snacks for the trail, and a sturdy day pack for the hike, bathing suit, and a life jacket if you have one.

Comfortable modest sleeping clothing, and slippers for church.

Hiking shoes, clothes, and rain gear.

A separate bag with dress clothes for church.

A towel, soap, and other items for rinsing off. Note: the camping island and the church do not have formal shower facilities, so we will do the best we can to clean up informally.

A bathing suit if you like to swim; we will be surrounded by rivers and ponds to swim in.

Additional clothing that remains warm when wet: either wool, or under armor or other modern fabric.

A Bible, a journal, and pencils and pens.

Several small gifts for your Bay Circuit and Perkins Island trip "secret friend", to whom you will be assigned at the beginning of the weekend, and a "hostess gift" to give away to a new friend.

A few games you would like to share with friends.

A mug, spoon, fork and table knife that will be yours for the weekend, to help us cut down on dishwashing.

We recommend that these items be packed in one duffel bag so we can keep track of everybody's stuff. If you have a waterproof bag, this will be ideal for the canoeing.

Hiking Safety Frameworks:

- a. Check body frequently for blisters and stop if you need moleskin
- b. Stop at all turns and wait for the next group so nobody gets lost
- c. Drink water frequently... "Drink before you're thirsty; eat before you're hungry; this keeps dehydration and exhaustion at bay". Drink one full water bottle every hour.
- d. Practice "leave no trace" which means carrying a baggie for waste.

Theological Framework: When we canoe to the river bend, or climb to the top of a ridge, and see the splendor of creation, we are reminded that God challenges us to live out our calling as leaders: responsible, careful, kind, powerful, humble.

*You are the light of the world.
A city built on a hill cannot be hid.
No one after lighting a lamp puts it under the bushel basket,
But on the lamp stand, and it gives light to all in the house.
In the same way, let your light shine before others, so that they may see your good works
And give glory to your Father in heaven.
Matthew 5:14-16*



First Church in Ipswich
One Meetinghouse Green, Ipswich, MA 01938

978-356-2211

e-mail: firstuccipswich@gmail.com

Hike: Perkins Island and Bay Circuit Trail, May 18 – 20, 2018



Name: _____

Address: _____

Home Phone: _____ Youth cell phone: _____

Parents' cell phone: _____ E-mail: _____

Emergency contact: _____

Medications: _____ Allergies: _____

I understand that if my child does not feel well, I will be contacted.

In addition, my child has or does not have (please circle one) permission to take the following medications, should he or she need them.

(please check off the medications that your family is comfortable with, or cross off everything if you don't want your child to take medicine)

____ Aspirin ____ Ibuprofen ____ Tylenol ____ Homeopathic remedies

____ Metamucil ____ Cough medicine ____ Cough drops ____ Benadryl

A photo copy of your Insurance card Co./I.D., taped to the back of this document:

Any other concerns: _____

My child has my permission to participate in the youth activity of First Church in Ipswich. In the event of an emergency, and I cannot be contacted, I give my permission to the adult leader in charge to seek emergency medical treatment for my child.

My child ____ Has, ____ Does Not have permission to be photographed and posted in church displays or on the First Church website.

I also agree to not hold First Church in Ipswich, or its employees, and/or adult volunteers, responsible for any injury sustained while on the church property or during this adventure trip.

I have read the above statement, and my signature implies agreement and consent.

Youth Signature: _____

Parent/Guardian Signature: _____ Date: _____

FIRST CHURCH
Perkins Island and Bay Circuit Trail
May 18 – 20, 2018



**MUST BE READ AND SIGNED BY STUDENT AND
PARENT/GUARDIAN**

I, _____, understand that I will be representing my church, my family, and myself on this church trip. I further understand this trip is a privilege and, as such, I will conduct myself maturely, responsibly, and in a safe manner. This means that:

1. I promise not to engage in behaviors that put me or my group at risk, including but not limited to breaking curfew, bullying, lying, stealing, experimenting with drugs, tobacco, alcohol, fires, or weapons. Penalties for engagement in these prohibited behaviors will include expulsion and possible loss of privilege to go on further trips. This means that I may be immediately suspended from all trip activities and may be sent home at my or my family's personal expense.
 - 1a. I will observe the canoe and trail safety frameworks.
2. I understand that what the chaperone says goes and I will abide by what he/she says at all times.
3. I will be with at least one other youth group member at all times. I will remain with the group and follow the scheduled activities.
4. I will abide by church curfews 8:30 pm for this trip.
5. I will alert an adult immediately if I am feeling sick or having a serious problem.
6. I will be respectful of other people's property. I understand I am responsible for any damage I do to property during this trip, whether it is accidental or not.
7. I will not bring cellular devices or other forms of modern electronics.

The purpose of these rules is to assure the enjoyment and safety of all participants. I understand that my failure to comply will result in a phone call home, possible dismissal from certain activities, and/or removal from the entire trip.

Participant signature: _____

Parent's/Guardian signature: _____

Date: _____ Tel. # _____

First Church in Ipswich Spring Hiking Retreat



Perkins Island and Bay Circuit Trail: May 18 – 20 2018

Contribution list

*Please call Carmen Fatu, 356-2211, or come to the meeting on April 29
to sign up for food contributions.*

*If you have allergies beyond gluten, please let us know and we will plan accordingly.
If you prefer vegetarian, please let us know.*

Food Contributions:

- ___ Snacks for the trail: Healthy, non-perishable energy snacks;
- ___ Lunch Supplies: peanut butter, fluff and jelly, —smallest possible containers—and bread for sandwiches, including gluten free, and sandwich bags;
- ___ Main Course for Camping Supper for Friday night, including gluten free;
- ___ Main course for Supper for Saturday night at the church;
- ___ Salad, packed in a cooler, for two nights;
- ___ Cereals and bagels for two breakfasts, including gluten free;
- ___ coffee, tea, cream, sugar, for two breakfasts, and orange juice, cider, milk, and lemonade packed in coolers;
- ___ durable fruits for 2 days;
- ___ desserts for 2 nights.

Cleaning Supplies:

- ___ Cleaning supplies, packed in a bucket: 2 sponges, scrub brush for dishes, dish soap, Clorox wipes, toilet cleaner, scrub brush for toilets, paper towels, dish towels, toilet paper